

WEA Trust Low Back Pain Program
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WEA Trust Low Back Pain Program

A New Way to Manage Your Pain

WEA Trust offers an easy and convenient tool to help manage your low back pain. Whether you have chronic pain or you just woke up on the wrong side of the bed, our free program is designed to strengthen your back and decrease your pain.

Our free mobile app digitally coaches you through a sequence of exercise routines designed specifically for you based on your specific kind of low back pain.

80%



80% of participants experience a reduction in low back pain.*
(*Kiio Research Data)

The WEA Trust Low Back Pain Program can:

- Intervene before your pain becomes chronic
- Reduce missed days at work
- Increase your day-to-day productivity
- Improve your overall health
- Keep money in your pocket

Individualized, Evidence-based, Convenient



Individualized—the screening and risk assessment survey creates a personalized

program just for you. Each exercise is selected for you and your back pain. Progress through the program is determined by your individual participation.



Proven Results—the multi-track, multi-level exercise programs use clinically proven

methods to improve low back pain and reduce missed work days. Our Care Managers are able to track your progress and are available to assist if you have any questions.



Convenient—whether you're at home or on the go, the WEA Trust Low Back Pain Program

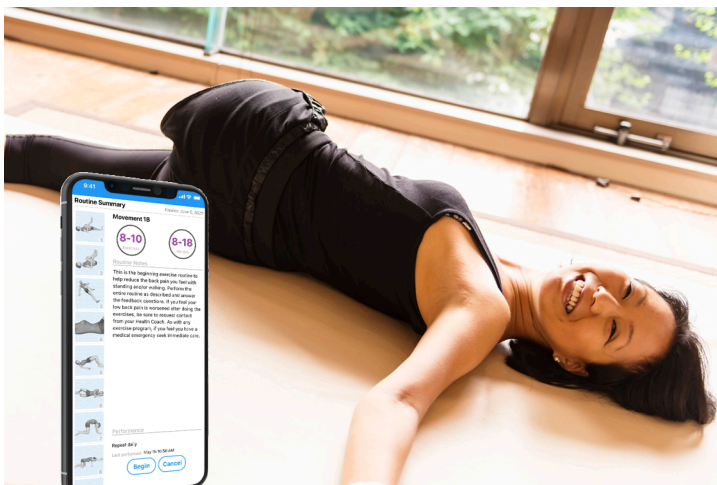
is accessible 24/7 on your tablet or smartphone. Select between a complete length routine or the express version, and follow along with your digital coach.

Incentive Program

When participants complete all three Low Back Pain Program exercise levels, a majority experience a reduction in low back pain. Members will receive rewards for each level completed, earning up to \$100 in Visa gift cards.*

Program Levels	Level Rewards
Initial Screening	\$10 Visa e-Gift Card
Level 1 Exercises	\$25 Visa e-Gift Card
Level 2 Exercises	\$25 Visa e-Gift Card
Level 3 Exercises	\$40 Visa e-Gift Card
All Levels Complete	Total Reward = \$100

* Due to ETF guidelines, State Health Plan members are unable to receive gift cards.



How to Get Started

- ▶ Visit WEAtrust.com/LowBackPain and click on "**Sign Up Now**" to register and complete a brief screening survey.
- ▶ You will know within seconds if you are approved, with a link to begin your personal program immediately.
- ▶ You can access the WEA Trust Low Back Pain Program from your smartphone or tablet anytime, anywhere.